

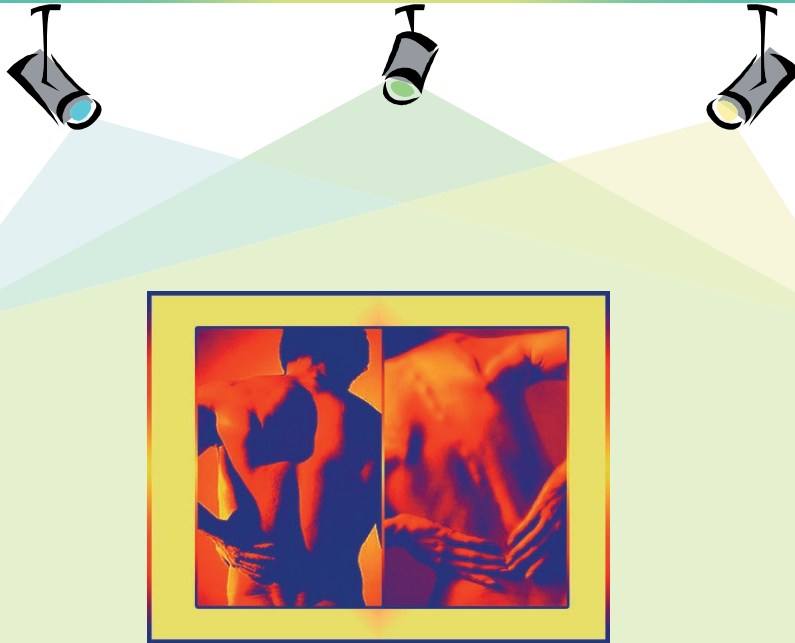
# HEALTH PROMOTION & PREVENTION INITIATIVES NEWSLETTER

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## Initiative Spotlight



### An innovative approach to health promotion screening for low back pain

**Description:** The purpose of this innovative project was to pilot test a portable screening tool aimed at reducing the incidence of chronic, disabling lower back pain. The screening program used real-time ultrasound imaging to identify which individuals are likely to be at greatest risk for recurrent episodes of chronic, disabling LBP. This screening technique could help reduce the incidence of chronic, disabling LBP in the Army.

**Outcomes/data collected:** The screening tool worked well. Screenings took significantly less time than standard ultrasound imaging. Quality of the images are currently being analyzed.

**Effect on readiness/deployability:** Low back pain is the #1 condition resulting in a medical board, with lifetime direct compensation costs reaching into the billions of dollars. Determining the most effective means of preventing LBP can prevent initial occurrences of LBP and also decrease recurrence from 80% to 30%.

## Ideas from the Field

### Advice from HPPI FY04 project POCs (part 1)

- Find a champion for your health promotion program. Best case: a champion that comes from the line. Bonus: if the champion also carries some clout (like a Division Surgeon).
- Don't just sit back in the MTF ivory tower: get your 'boots dirty' and take health promotion to your target population.
- Provide the line commander feedback in a short, concise manner. Use a bulleted list or a simple colored spreadsheet.

## Resources

### CDC Public Health Preparedness and Response Capacity Inventory

<http://www.phppo.cdc.gov/od/inventory/>

A voluntary rapid self-assessment of state and local capacity to respond to bioterrorism, outbreaks of infectious disease, and other public health threats and emergencies.

## Program Pointers

### Business case analysis – Making the case for health promotion

Resources are tight today. Commanders and Resource Managers want to know where money is being spent. They also want to know what the return on this investment is for the organization.

Commanders and other decision makers are mandating accountability for resources. The days are gone when a project could expect to be funded with little likely return. Projects must demonstrate the ability to improve health or positively impact force readiness. Increasingly, health promotion implementers are being asked to justify the investment of scarce resources.

A business case analysis (BCA) is an excellent tool that can be used to provide this information to decision makers. The BCA should include the following elements:

- Background: What is the issue?
- Description of the program, including what's in it for the Command
- Goals and objectives: what will be the impact of the initiative?
- Target population description
- Details of the work plan, including timelines
- Resources that will be needed
- Program impact evaluation: how will you measure the impact of the program?
- Return on investment/cost avoidance/cost savings

Typically, a BCA is used before a project is implemented to forecast the resources necessary to put a program into place and place a value on the resulting benefits. However, a BCA may be used effectively after a program is established to justify sustainment funding.

A sample BCA outline can be found at <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

## Don't Reinvent the Wheel!

### Writing Exercise Prescriptions: Technical Guidelines for Healthcare Providers (Technical Guide #269)

This monograph is designed to assist healthcare providers in appropriately prescribing exercise to their patients. This technical guide reviews: specific benefits of exercise and risks associated with exercise; current recommendations on exercise; cardiovascular risk assessments; assessing an individual's desire to become physical fit; and guidelines for writing an exercise prescription.



## HPPI News & FAQs

More than 70 applications were received for the HPPI FY05 Request for Proposals. Of these applications, 19 were selected to receive a funding award. In addition, 12 applications were received for the Industrial Hygiene Workplace Productivity Pilot Project. Four sites were selected for participation in this project. A list of all funded projects for FY05 is available on the HPPI web site:

<http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

For more information about HPPI, or to see past issues of the HPPI newsletter, visit <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

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